

## CLAIMS

What is claimed is:

1. An exercise device secured within a mobile platform, wherein a passenger engages the exercise device while sitting to increase blood circulation.

2. The exercise device of Claim 1, wherein the exercise device is a resistance device.

3. The exercise device of Claim 2, wherein the resistance device further comprises:

a leg support defining an upper end and a lower end, the upper end being secured to a passenger seat;

a foot support secured to the lower end of the leg support; and

a trombone spring disposed between the leg support and the foot support,

wherein the foot support is engaged by a passenger to flex and contract thigh muscles of the passenger.

4. The exercise device of Claim 3, wherein the resistance device further comprises:

a pivot spring disposed between the leg support and the foot support,

wherein the foot support is pivoted by a passenger to flex and contract calf muscles of the passenger.

5. The exercise device of Claim 4 further comprising a retracting mechanism secured to the exercise device, wherein the exercise device may be folded out of the way during periods of non-use.

6. The exercise device of Claim 2, wherein the leg support is pivotably secured to a passenger seat.
7. The exercise device of Claim 2, wherein the leg support is translatable.
8. The exercise device of Claim 1, wherein the exercise device is activated by an automated control system.
9. The exercise device of Claim 1, wherein the exercise device is a pressure applicator.
10. The exercise device of Claim 1, wherein the exercise device is an electrical vibrator.
11. The exercise device of Claim 1, wherein the exercise device is a heat applicator.
12. The exercise device of Claim 1, wherein the mobile platform is a commercial aircraft.

13. An exercise device for use onboard a mobile platform comprising:  
a leg support defining an upper end and a lower end, the upper end being secured within a mobile platform;  
a foot support secured to the lower end of the leg support;  
a trombone spring disposed between the leg support and the foot support; and  
a pivot spring disposed between the leg support and the foot support, wherein the foot support is engaged and pivoted by a passenger to flex and contract thigh and calf muscles of the passenger while the passenger is seated.
14. The exercise device of Claim 13, wherein the leg support is secured to a passenger seat.
15. The exercise device of Claim 14, wherein the leg support is pivotably secured to a passenger seat.
16. The exercise device of Claim 13, wherein the mobile platform is a commercial aircraft.
17. The exercise device of Claim 13, wherein the leg support is translatable.
18. The exercise device of Claim 13 further comprising a retracting mechanism secured to the exercise device, wherein the exercise device may be folded out of the way during periods of non-use.

19. An exercise device for use onboard a commercial aircraft during flight,  
the exercise device comprising:

a leg support defining an upper end and a lower end, the upper end  
being secured to a passenger seat;

a foot support secured to the lower end of the leg support;

a trombone spring disposed between the leg support and the foot  
support; and

a pivot spring disposed between the leg support and the foot support,

wherein the foot support is engaged and pivoted by a passenger to flex and  
contract thigh and calf muscles of the passenger while the passenger is seated.

20. The exercise device of Claim 19 further comprising a retracting  
mechanism secured to the exercise device, wherein the exercise device may be  
folded out of the way during periods of non-use.

21. A method of increasing blood circulation while seated onboard a mobile platform, the method comprising the step of engaging an exercise device secured onboard the mobile platform, wherein the exercise device causes a passenger to flex and contract muscles, thereby increasing blood circulation.

22. The method of Claim 21 further comprising the step of engaging a foot support in a downward and upward motion, thereby flexing and contracting thigh muscles of the passenger.

23. The method of Claim 21 further comprising the step of pivoting a foot support, thereby flexing and contracting calf muscles of the passenger.

24. The method of Claim 21, wherein the exercise device is engaged onboard a commercial aircraft.

FOR THE PLAINTIFFS